Youth Aquatics

FUN 'N' FIT SWIM CONDITIONING

Where getting fit is fun! This is an introductory program, for ages 5-17 years, leading to potentially joining a swim team.

- Everybody Wins Philosophy
- Focus on FUN
- Emphasis on the four competitive strokes
- Individual recognition for all participants
- No USA Swimming Registration is required
- Must be able to swim one length (25 yards) free-style, one length (25 yards) back-stroke, and 15 yards breast-stroke
- No swim meet requirements

Instructor: Morgan Hill Aquatics Center staff Location: Morgan Hill Aquatics Center

Activity#	Date	Day	Time	Age	Sessions
FACC001	9/7 - 9/30	T/TH	4pm – 5pm	5-17yrs	8
FACC002	10/5 - 10/28	T/TH	4pm - 5pm	5-17yrs	8

Resident: \$40/ CRC Member: \$35 Non Resident: \$45/ CRC Member: \$40



Swim Lessons pg 12-14







Tons of fun, activities, and events for the whole family. See page 4. Just For Teens - pages 30 & 32.